

Department of Fire Services



**Massachusetts Fire Training Council
&
Massachusetts Firefighting Academy**

Recruit Physical Training Program Guide June 19, 2007

Introduction

This Guide has been prepared to introduce prospective Massachusetts Firefighting Academy Recruits and Massachusetts Fire Chiefs and Fire Administrators to the Physical Training Program (Program) that has been adopted by the Massachusetts Fire Training Council (Council) and that is implemented by the Massachusetts Firefighting Academy (Academy) as part of the Academy's Recruit Training Program. It is extremely important that all prospective recruits and their employers become familiar with this program well in advance of the recruits attendance at the Academy. Failure of a recruit to prepare for this Program well in advance of attendance may result in dismissal from the Academy if the recruit cannot meet initial baseline physical ability standards.

Goal

The goal of the Program is to provide a moderate level of guided and structured physical activity for Recruit Firefighters to prepare them for the rigors of fire training and fire service activity utilizing existing known and acknowledged documentation for physical ability activities

Objectives

- Insure health and safety of firefighters in training (and as possible into their future careers)
- Minimize injuries caused by physical training
- Prepare students for the firefighting activities of each training day
- Create a positive environment for vigorous, daily physical activity

Physical Training Program Plan

- The physical training program shall consist of weekly activities consistent with the Commonwealth of Massachusetts – Human Resources Division (HRD) Physical Ability Test Preparation Guide (PAT Prep Guide - See Attachment A) for weeks 5 – 16 which shall mirror the Recruit Training schedule for weeks 1 – 12 (i.e., Week 1 of Recruit Training will use Week 5 of the PAT Prep Guide as basis for lesson plans and activities, Week 2 of Recruit Training will use Week 6 of the PAT Prep Guide as basis for lesson plans and activities, etc.).
- At no point during the 12-week Recruit Training program will the Program levels exceed those indicated in the PAT Prep Guide.
- Physical training activities will be based on the four activity components of the PAT Prep Guide: Warm-up, Strength and Muscular Endurance Exercises (Calisthenics), Aerobic Training Exercises, and Cool-Down.

- Weekly training activities will be designed to provide minimally increasing levels of physical activity using varied activities set forth in lesson plan format with measured activities in terms of numbers, sets, repetitions, and durations for every activity to be conducted each day. Please review the Aerobic Training Program contained in the PAT Prep Guide, Attachment A and the Firefighter Physical Conditioning Program chart, Attachment B.
- As noted above, each week will proceed at an activity level above the previous week based on the appropriate PAT Prep Guide activities with the developed and approved lesson plans.
- All recruits are encouraged to begin physical training preparation activity based upon the PAT Prep Guide for weeks 1 – 4.
- Each recruit will be expected to attend in adequate physical condition to successfully participate in physical activity commensurate with week 5 of the activities outlined in the PAT Prep Guide.

Program Requirements

- Prior to a recruit's start date at the Academy, Chiefs of departments are required to present evidence of completion of a medical examination for all recruits documented on the Commonwealth of Massachusetts HRD Form 7-2005 (Attachment C), pages 1 & 6 only, within 12 months of the start date of recruit training which they will attend. **Note: This applies to all recruits whether a Civil Service community employs them or not.**
- Prior to a recruit's start date at the academy; chief of departments are required to present evidence of successful completion of the Commonwealth of Massachusetts HRD Physical Ability Test (PAT) – 2002 version. The successful PAT must be completed no later than one year from the date of appointment to the fire department. Proof of appointment date must be provided to the academy. **Note: This applies to all recruits whether a Civil Service community employs them or not.**
- During training days 2 & 3, recruits will be required to exhibit physical training activities equal to week 5 activities. Recruits who fail to complete physical training activities equal to week 5 after training day 3 may be dismissed from the Academy, without prejudice, in order to further prepare for recruit training at a later date. Any recruit who is so dismissed will be allowed to return to the next available program on training day 1.

If you have questions or need any further information concerning the Recruit Physical Training Program, please contact the Massachusetts Firefighting Academy at 978-567-3100 and ask for the recruit department.